

Parenting *My Champion*: Talent Development



A Guide for Successful Tennis Parenting



Session Purposes

- To Identify What You and Your Player Want from Junior Tennis
- To Examine the Stages of Tennis Talent Development
- To Review Guidelines for Parenting Across the Stages of Talent Development



What Do You and Your Player Want from Junior Tennis?



What Do You As a “Parent” Want from Your Child’s Junior Tennis Experience?



What Do You Think Your "Child" Wants from His or Her Junior Tennis Experience?



General Objectives for Junior Tennis Participation

- Development
 - physical - social - psychological
- Fun
- Winning/Rankings



Key Points About Junior Tennis Objectives

- Everyone wants to (or should want to win), but only a relatively few will achieve scholarships and go pro.
- However, all participants can and should have a great “developmental” experience in junior tennis learning a life long sport, achieving fitness, and developing numerous social-emotional skills. It can also be a heck of a lot of fun!
- So make sure you stress fun and development objectives, as well as winning and rankings.

Understanding Stages of Tennis Talent Development



Why Understand Talent Development

- To Maximize The Fun and Developmental Benefits of Your Child's Tennis Involvement
- To Allow Your Child To Develop To His or Her Fullest Tennis Potential

Why Understand Talent Development

- USTA Benefit: Grow the Game
- USTA Benefit: Produce Top Tennis Players

Why Understand Talent Development : The Importance Of Perceived Competence

- Youth sport research convincingly shows that children who stay with sport have high levels of “perceived” competence.
- In the early years (prior to the teen years) parental feedback and motivational orientations are a primary source of children’s perceived competence.
- In the teenage years peers and coaches are the primary sources of competence.
- Throughout one’s career skill improvement and performance success determine perceived competence.

Why Understand Talent Development

USTA Goal: Grow the Game

- Therefore, to “grow the game” and keep kids involved (so they reap the developmental benefits of tennis) we need to help all junior players improve their skills and maximize their individual potential.
- They must develop their individual talent!

Why Understand Talent Development

USTA Goal: Produce Top Tennis Players

- While a small minority of junior tennis players will become top players, some will and must develop their talents to the fullest to successfully compete at the highest levels of tournament tennis.

Parents MUST Understand The Talent Development Process



Photo: Adam Pretty/Getty Images

Australian Open

Athletes Move Through Phases of Talent Development

(Adapted from Bloom, 1985)

- Phase 1: Introduction/Foundation
 - fun and participation focus
- Phase 2: Refinement/Transitional:
 - showed talent, became more committed and involved, and received more specialized coaching
- Phase 3: World Class/Elite Performance:
 - worked many hours striving for excellence/perfecting skills

Progressive Phases of Talent Development

Progressive Phases of Talent Development

Phase 1:

Introduction/Foundation

Mean Age Began = 4.5

Mean Age Left = 9.6

Phase 2:

Refinement/Transitional

Mean Age Began = 10.6

Mean Age Left = 14.6

Phase 3:

World Class/Elite Performance

Mean Age Began = 15.4

Mean Age Left = NA

Parenting During The Phases of Tennis Talent Development

- USTA Research Has Shown That The Parenting Process Differs in Each of the Phases of Talent Development.
- How do you think your role as a parent should differ in each stage of the talent development process?

Successfully Parenting My Child Through the Phases of Talent Development

<p>INTRODUCTION/ FOUNDATION Phase One <i>Age of Player: 4.5-9.6</i> <i>Years in Phase: 5.1</i></p>	<p>REFINEMENT/ TRANSITIONAL Phase Two <i>Age of Player: 10.6-14.6</i> <i>Years in Phase: 4.0</i></p>	<p>WORLD CLASS/ELITE PERFORMANCE Phase Three <i>Age of Player: 15.4+</i> <i>Years in Phase: NA</i></p>
<p>Help make the tennis experience fun</p>	<p>Do things to ensure tennis remains fun as pressure to perform increases</p>	<p>Believe in child and his or her ability</p>

Parenting During The Phases of Tennis Talent Development

- **What Top Pros, Their Parents and Coaches Recommend About Parenting Across the Progressive Phases of Talent Development: Recommended Guidelines for Successful Junior Tennis Parenting**

The Role of Parents in Junior Tennis Success Summary/Question & Answer



“Behind every great player is a supportive parent.”